



## Super easy pasta with pesto and greens

(In the time it takes to cook pasta)

This is one of my favourite quick and easy recipes and a great way to boost your green vegies. There are no hard and fast rules, just use as much of whatever you have to feed the required number of people. (Tip: make extra for a quick lunch the next day).

### Pasta ingredients

- Pasta of your choice (gluten free or not)\*
- Green vegies such as zucchini, broccoli, peas, beans, asparagus, kale, spinach, rocket, avocado
- Pesto
- Parmesan cheese (optional)

\*Use wholemeal pasta for added nutritional value or even try zucchini spirals (you don't have to cook them)

### Pesto sauce

You can buy good quality store-bought pesto, however why not make some yourself! You will need:

- A couple of bunches of fresh basil leaves
- Good quality olive oil – play around with the quantity you use to get the texture you prefer
- 2 peeled cloves of garlic – add more or less depending on your taste
- A small handful of pinenuts
- ¼ cup of roughly chopped parmesan (optional but good)
- Salt and pepper to taste
- 2 tablespoons of parsley (optional)

### Method

**To make the pesto** simple combine all the ingredients in a food processor and blend until you find your preferred texture and taste. You can freeze what you don't need, for use later on.

**To cook the pasta** add it to a big pot of boiling water and cook until soft. While the pasta's cooking chop the vegies into bite-size pieces (e.g. the zucchini, broccoli, asparagus, beans etc.) Add any vegies that need a little cooking into the pasta water in the last few minutes. Strain the pasta and vegies, and return to the pot with the avocado and any other uncooked vegies. Stir through the pesto and serve in bowls with freshly grated parmesan cheese. Enjoy!

